



CornerBridge Newsletter

January 2012

Welcome to CornerBridge and Concord Peer Support

CornerBridge and Concord Peer Support provide a vast array of relevant peer support services. These services are developed, implemented and facilitated by the members of CornerBridge and Concord Peer Support for their individual as well as collective recovery from severe and persistent mental illness. Our mission is to advocate and empower individuals to take control of their own wellness and recovery, and work mutually with others to affect change.

Mission Statement

The Lakes Region Consumer Advisory Board is the foundation for US to reach our goals and change our lives by changing the perception the larger community has of US.

We are people learning strategies of Recovery, Wellness, and Empowerment. Lakes Region Consumer Advisory Board is a Peer Support network, enabling US to reach our goals and change our lives by nurturing our personal strengths.

Our vision is to create a culture that Promotes responsibility for Recovery, Wellness, Empowerment, and Advocacy for oneself and others while acknowledging the Divine right we have as Human Beings.

We're Open 10am -
4pm
7 Days a Week!
328 Union Ave
PO Box 304
Laconia, NH 03246



*Come and visit us ~
Our door is always open.*

“Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.” ~ SAMHSA National Consensus Statement on Recovery

Warmline ~ 5pm - 10pm
7 Days a Week!
1-800-306-4334

*Lakes Region consumer advisory board
oversees both Cornerbridge and
Concord Peer Support*

CornerBridge (aka) Lakes Region Consumer Advisory Board
Learn more visit our website ~ www.nhcornerbridge.org

Bus Schedule for CornerBridge ~

Please call 528-7742 if you have any questions or need a pick up

Tuesday – Thursday – Saturday <ul style="list-style-type: none">• Pick-ups<ul style="list-style-type: none">10 am pick up at Tavern10:10 am pick up at Sunrise Towers10:15 am pick up at Lakeport Apartments	Tuesday – Thursday – Saturday <ul style="list-style-type: none">* Return Back<ul style="list-style-type: none">2:30 pm drop off at Lakeport Apartments2:40 pm drop off at Tavern2:45 pm drop off at Sunrise Towers
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Make the most of Christmas and New Year, before 2011 bids adieu, reconnect with old friends, complete unfinished projects, and count your milestones.

CornerBridge Happenings

Hello to all my friends of CornerBridge,

The holidays are passing quietly. We had a large attendance at Thanksgiving Dinner which was enjoyed by all A Big Thank You to Becky [our Board member] for all her help and of course Hart's Turkey Farm for a wonderful dinner. We went out shopping with members to the Christmas Tree Shop and they had a nice lunch out.

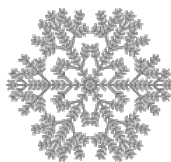
The Bodwell Tree Farm in Sanbornton, N.H., donated a beautiful Christmas tree Thank You .Bob and Kathy went and cut it down for us, Thanks to both of you .

On December 21 was our Christmas Raffle and party a great time was had by all. Then another Big Day December 22, Christmas Dinner was served, Turkey and ham with all the fixings. Thanks Ben for your helping with cooking.

Now a new year will be starting. We need to plan for 2012. Please come help plan with us. Call us anytime for information or drop by for a hot coffee.

Happy New Year,

Linda Cormier Lamontagne, Program Director



Cook's Corner



Linda's Hot Veggie Soup

{ Send in from Linda Grace Hall Wardle Locke }

- | | |
|---|----------------------------------|
| 16 Kale leaves and stems
{dice leaves and stems} | 2 cans cream style sweet corn |
| 6 small hot peppers with seeds, finely diced | 2 cans sweet peas |
| 1 pound fresh carrots, diced | 2 cans French style green beans |
| 1 pound fresh parsnips, diced | 2 cans tomato paste |
| ½ bunch fresh celery and leaves, diced | 2 cans mushroom stems and pieces |
| 2 large fresh onions | 5 cups water |

Put water, kale, hot peppers, carrots, parsnips, celery, and onions in 12-quart stock pot. Put lid on pot. Cook 20 to 25 min. on medium heat. Remove lid, then add put in all the cans of veggies into the pot [the whole can of contents] Cook on medium low heat for 15 minutes and stringing frequently.

Makes ten servings



Nutritive Food Will Help People Fighting with Influenza or Swine Flu

Now that winter has set in and with it the long, cold, often rainy or snowy days, it is time to warm homes and hearth with some delicious baked soup. Whether one is battling a bad cold or stuck in bed with the stomach flu, one often desires soup. Sometimes only Grandma's chicken soup will do, but that urge for some hot, tasty and comforting soup is universal. Just about every culture turns to soup to heal, nourish and soothe.

In many Turkish winter soups, lentils are one of the most preferred ingredients. Lentil, an ancient and nutritive plant that is used and liked by Indians, Mediterranean and Middle Eastern people, like beans, is a good source of protein. Lentils also provide calcium and phosphorus, vitamin B and iron. Consumption of foods containing lentils will not only help to fight with winter flu but will reduce the risk of coronary heart disease, lower cholesterol levels, help in reducing triglyceride, provide a source of beneficial high fiber for persons with diabetes.

Staying Healthy in Winter ~ A few Tips

In winter, comfort food and TV seem much better than diet and exercise. Follow a few tips to stay healthy, reduce the symptoms of influenza and colds and avoid depression.

How can you keep healthy and avoid seasonal affective disorder (SAD) during the cold winter months when everyone seems to have the flu and a diet of healthy salads, rich in vitamins and minerals, doesn't seem so appealing? Here are a few winter health tips will help to get you through to spring in good shape.



1. Eat a healthy diet with lots of fresh fruit and vegetables. Hearty home-made vegetable soups are great for cold days. This not only provides vitamins that aid the immune system, but these foods are also rich in anti-oxidants, substances known to counteract the effect on the body of free radicals (this may help to prevent some cancers). A daily vitamin and mineral supplement is a good idea, but it's no substitute for those obtained in fresh foods.
2. Watch that you don't gain extra pounds due to overeating the wrong foods. Comfort foods in moderation are fine, but in winter it is tempting to over indulge. If you need to lose weight, choose a well balanced diet such as Weight Watchers, rather than a fad diet.
3. Have an exercise routine - don't turn into a couch potato just because the temperature drops a few degrees. Put on your thermals and get out there - or alternatively take up an indoor sport or active hobby such as dancing. If you really can't get out, open the windows each day to freshen the air.
4. Get plenty of rest. Getting overtired can deplete your immune system leaving you open to infections. If you are having difficulty sleeping, look for herbal sleep remedies.
5. Don't hide away because it is winter, especially if you don't socialize by going out to work. At first it may not seem like a big deal, but it can become isolating and contribute to feelings of depression.
6. Beat the winter blues. According to The National Organization for Seasonal Affective Disorder (NOSAD) Seasonal Affective Disorder (SAD) is a type of winter depression which affects millions of people every winter, especially during December, January and February. If you think that you may suffer from SAD (seasonal affective disorder), try to get out in the daylight for a while each day. If possible get some winter sun. Alternatively you might consider light box therapy.
7. Look forward to spring. Plan a new you, new goals and some enjoyable activities to look forward to.

How to beat back winter blues

Let there be light! Getting exposure to sunlight can be a powerful way to boost your mood. In fact, on a sunny day, the brightness outdoors is many times greater than the light emitted from a high-intensity light fixture. If you can go out for a walk when the sun is out, put on your overcoat and get outside. Don't be daunted by the cold, but do bundle up so you'll be safe and comfortable. Treat yourself to the things that help you get out-of-doors on a cold but sunny day: a new, warm coat; snow boots; thermal underwear — whatever it takes.

Buy some bulbs. When you can't get any outdoor light, a high-intensity indoor light fixture can help. You don't need to buy a full-spectrum bulb; just use standard CFL bulbs with a color temperature of 4100 Kelvin. If you have the budget, you can try using a light box, which is designed to provide therapeutic doses of light to SAD sufferers.

Get moving! Boosting your exercise in the winter can provide a powerful lift to your mood and your energy. If your climate or job makes it difficult to be active outside during the day, find ways to work out at home or in the gym.

Eat for energy. Combine lean protein and complex carbohydrates in your meals. Limit your consumption of alcohol, sugar, and high-fat foods, all of which may temporarily lift your mood but then leave you feeling tired soon after. (See how depression and sleep problems and could be affecting your diet.)

Change your thoughts. Learning to think less negatively will help improve your mood. If you notice yourself feeling less peppy or enthusiastic during the winter, you can accept that feeling as a normal response to the dark and cold of winter without getting down on yourself about it. You can also respond to negative thoughts like "I hate winter," and "I can't deal with this," or "Winter is never going to end" with "I know what to do to feel better" and "Winter is a challenge, and I become stronger by meeting the challenge."

Reach out. When the world seems colder and darker, your connections with friends and family can supply the love, warmth, and stimulation to help sustain you.

Reach in. Your inner life can be a source of vitality and inspiration when the natural world is gray and seems dormant. Prayer, meditation, inspirational reading, and religious observation provide inner light that can illuminate your journey through the darker days of fall and winter.

Get help. If you are experiencing significant seasonal depression or have a recurrent pattern of seasonal depression, you may benefit from consulting with a psychiatrist, psychologist, clinical social worker, or mental health counselor who specializes in treating mood disorders. You can find a qualified practitioner by contacting your local mental health association, or the behavioral health department at a medical center in your area. You can find more information about SAD and light therapy from the Center for Environmental Therapeutics.

Jeffrey Rossman, PhD, is the director of life management at Canyon Ranch in Lenox, MA.

Q. Who do I contact for more information about CornerBridge and the Concord Peer Support?

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Do you have a favorite book you would like to share? Join us for our book of the month club. Reading can be enjoyable and relaxing. Come share that favorite book you might just find it to be a great conversation piece.